

Fight the flu!

Tips to keep the flu **out** of the workplace.

- Wash your hands frequently with soap and warm water for at least 20 seconds.
- Stay home if you are sick. You will help prevent the spread of illness!
- Cough or sneeze into a tissue or your upper arm...not your hands. Wash your hands as soon as possible.
- Throw away tissues in a wastebasket immediately after use.
- Avoid touching your eyes, nose and mouth.
- Use anti-bacterial hand sanitizers when you are not able to wash your hands with soap and water.
- Clean your desktop, keyboard, office door handles, and phones with a disinfectant regularly.
- Get a flu shot annually to protect yourself from seasonal flu.



Columbia/Boone County Health Department

